

Hearing Loss Association of America Nashville Chapter

# MARCH MADNESS



## Learn Self Defense

- Professional Instructors will be here to teach us. Wear comfortable clothes.
- \$6 per person

**Saturday  
March 8th  
at  
Noon**

**Meeting begins at 1:00 pm  
Self Defense Class begins at 1:30 pm**

Serving Green Salads ● Jello Salads ● Fruit Salad  
Sandwiches ● Dessert ● Drinks

Emmanuel Lutheran Church ● 1003 Hickory Hill Lane ● Hermitage, TN 37076